

# Crisis Services for American Indian & Alaskan Natives



**Toll-Free Crisis Line**  
**1-800-584-3578**

Crisis Services Professionals are available 24 hours a day, 7 days a week to speak on the phone with anyone experiencing a crisis due to mental illness and/or substance use issues.

Crisis outreach services are available to everyone in Island, San Juan, Skagit, Snohomish, and Whatcom Counties

All Tribal Members in the North Sound Region are eligible for Crisis Services from the North Sound Behavioral Health Administrative Services Organization.

**Mobile Crisis Outreach Teams** are available to help those in the community experiencing a crisis due to mental illness or addiction. They provide assistance in community settings such as homes and schools. They are professionals trained to evaluate a person for safety, de-escalate a crisis, and provide information and education. They also refer people to community behavioral health services for additional support.

Traditional healing services are provided by North Sound Tribes. For a full list of tribes and contact information visit [nsbhaso.org/tribal-resources](http://nsbhaso.org/tribal-resources).

Persons who need help from an interpreter or need to have information translated into their own language can get help free of charge by calling **1-800-684-3555** or **360-416-7013**.



301 Valley Mall Way, Suite  
110, Mt. Vernon, WA 98273  
**360.416.7013** or **800.684.3555**  
[www.nsbhaso.org](http://www.nsbhaso.org)

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**Health Care Authority**

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